## RESOLUTION of the CITY OF MINNEAPOLIS

By Glidden, Reich, Gordon, Hofstede, Johnson, Samuels, Lilligren, Goodman, Glidden, Schiff, Tuthill, Quincy, Colvin Roy, and Hodges

Designating February 3, 2013 as NATIONAL WEAR RED DAY in the City of Minneapolis.

Whereas, currently there are approximately eight million women in the United States living with heart disease, and ninety percent of women have one or more risk factors for developing heart disease, yet only sixteen percent of women in a 2009 survey identified cardiovascular disease as the greatest health problem facing them - emphasizing the need for greater awareness and public health education; and

Whereas, cardiovascular disease claims the lives of more than 419,000 American women each year, which equates to almost one such death per minute, reflecting the fact that the total number of female deaths caused by heart or cardiovascular disease and stroke are greater than the next three leading causes of death combined, including all cancers; and

Whereas, in women, heart disease is too often a silent killer – less than a third of women in a recent survey reported any early warning signs such as chest pain or discomfort before a heart attack, and the symptoms that are experienced by women are different than the more well-known symptoms that typically affect men who suffer heart disease. In women, the more common symptoms include pain in the jaw, arm, or back; and

Whereas, only forty three percent of African American women and forty percent of Hispanic women know heart disease is their greatest health risk, compared with sixty percent of white women who are aware of the risks of heart and cardiovascular disease as it affects women; and

Whereas, Go Red For Women® is the American Heart Association's national call to increase awareness about heart disease - the leading cause of death for women - and seeks to inspire women to take charge of their heart health so that they are empowered to address their personal risk for heart or cardiovascular disease, including the use of tools such as the American Heart Association's *My Life Check*, Go Red For Women® Heart Check-Up, and Go Red For Women® Better U, and by talking to their healthcare providers; and

Whereas, the truth is: our lives are in our hands. We can stop our number one killer together by sharing the truth; by making the right choices related to proper nutrition, physical activity, and healthy lifestyle choices, which are essential to living a heart-healthy life;

Now, Therefore, Be It Resolved by the City Council of the City of Minneapolis:

That the Mayor and City Council hereby designate Sunday, February 3, 2013, to be National Wear Red Day in the City of Minneapolis.

Be It Further Resolved that all residents are urged to show support for women and the fight against heart disease by commemorating this day by wearing the color red. By increasing awareness, speaking up about heart disease, and empowering women to reduce their personal risks for cardiovascular disease we can save thousands of lives each year.